

CREAMY CHICKEN TACO SOUP

RSU 12

Type of Dish: Lunch Entrée

SERVING SIZE: 1 Cup

SERVINGS: 50

MEAL PATTERN CONTRIBUTION: 5 oz eq M/MA, ½ cup legume

Ingredients and Instructions

Water	4 Gallons
Better Than Bouillon, reduced sodium roasted chicken base	12 Tbsp
Black Beans, dried	4.25 Pounds
Tomatoes, crushed (28oz can)	4 Each
Tomatoes, diced	6 Cups
Garlic, minced	8 cloves
Onion, chopped	6 Cups
Chicken, diced	12 Pounds
Taco Seasoning	1.25 Cups
Cheddar Cheese, shredded	4 Pounds
Sour Cream	2 Pounds

1. In two large pots, bring to a boil. Combine 2 gallons of water with 6 Tbsp Better Than Bouillon reduced sodium roasted chicken broth base, and two pounds of pre-soaked black beans to each pot.
2. In each pot add 2 cans of crushed red tomatoes, 4 cloves of minced garlic, and 3 cups chopped onions
3. Continue to boil for 30 minutes.
4. Add 6 lbs. of pre-cooked chicken and 10 Tbsp of taco seasoning to each pot, cook over medium heat for 15 minutes (you may need to cook longer to get your desired softness of the black beans).
5. Turn off the burner and whisk in 2 lbs. of cheese in each pot until melted all the way. (You may need to put the burner on low, you do not want it come back to a boil)
6. Whisk in 1 lb. of the sour cream in each pot until well incorporated and enjoy!
7. Garnish with cilantro and crushed whole grain tortilla chips, if desired.

